

OTHER VACCINES

Hepatitis B vaccine

Hepatitis B is a liver disease that is spread by contact with blood or body fluids of a person who has hepatitis B. It attacks the liver and can cause serious illness or death. You cannot tell by looking at someone if he or she has it. Most people have no signs of the disease at all. The only way to know for sure is to get a blood test. Some people are at high risk and should get three shots of vaccine. It's important to remember that 30%-40% of people with hepatitis B don't know how they got it—they had no known risk factors.

Hepatitis A vaccine

Hepatitis A is also a liver disease. It can make you sick for several weeks or months. If you are traveling to a country where food and water may not be clean, you may be at risk for hepatitis A. It takes two shots to be fully protected.

Call your doctor, your local health department or

1-888-76-SHOTS

Michigan Department
of Community Health



John Engler, Governor
James K. Haveman, Jr., Director

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IMMUNIZATIONS

THEY'RE NOT
JUST FOR KIDS.



ARE YOU PROTECTED?



Measles-Mumps-Rubella (MMR)

If you were born after 1956, you need at least one shot of MMR vaccine. Some people will need two shots.

Pneumonia (pneumococcal)

Everyone age 65 or older needs one shot of pneumococcal vaccine. People who are younger than 65 should get pneumococcal vaccine if they have:

- heart disease
- liver disease
- lung disease
- kidney disease

EVERYONE NEEDS SHOTS TO PROTECT THEM FROM A VARIETY OF DISEASES.

Talk to your doctor or nurse to see if you need any shots to protect you from these diseases.

You may need shots for:

measles-mumps-rubella (MMR)
tetanus and diphtheria (Td)
varicella (chickenpox)

If you are 50 or older, you need a flu (influenza) shot every year.

If you are 65 or older, you may need a shot for pneumonia (pneumococcal disease).

Some adults also need:

hepatitis A vaccine
hepatitis B vaccine

Tetanus-diphtheria (Td)

Everyone needs a Td booster every 10 years. Everyone! 95% of tetanus (lockjaw) cases are in adults. 40% of those who get tetanus die. Diphtheria is a very serious disease. It can make a person unable to breathe or cause paralysis (unable to move parts of the body) or heart failure. About one in every 10 people who gets diphtheria dies from it.

Chickenpox (varicella)

Adults who have not had chickenpox should get a blood test to see if they have protection. If you are not protected, you should get the varicella vaccine. It takes two shots to get full protection. Protection is important because chickenpox is a very serious illness in adults.

Flu (influenza)

Everyone who is 50 or older should get a flu shot every year in the fall. The flu virus changes from year to year, and the vaccine changes to match the new virus. Adults of any age who want to be protected against the flu should get a yearly flu shot.

You cannot catch flu or pneumonia from the shots. The shots may cause mild side effects in some people:

- soreness, redness or swelling where the shots were given
- fever
- tiredness
- sore muscles

These side effects go away in a few days.